



District E-News

July 1, 2022

Newark CCSD 66

www.ngsd66.org

815.695.5143

Newark Families and Staff,

Happy July! Did you register for the upcoming school year yet? We are finalizing class lists and schedules. Please login to your Teacherease account to register your returning students. If you are new to the district - there is a new student registration link on the website under parent resources:

www.ngsd66.org.

Summer hours at NGS will be 8:00 - 3:30 pm. Mrs. Menth and Mrs. Turman are back at NGS in the LC portable. The main building is closed for construction. MJH is now cleaned and ready for the new year! MJH will open with Mrs. Chase on August 1st. The best way to contact us is through email.

Newark Grade School construction project is progressing! The construction group has been working hard to stay on time. The tunnel work is almost complete. Window units have been removed and new panels have been installed. They are working inside on piping and insulation. 90% of the activity is happening behind the school. Please be aware the playground area is very close to all the activity. We would like for all to stay safe and not visit the grounds for a few more weeks.

Our custodian crew has been busy at MJH! Classrooms and the gym are clean. The shed has been cleaned and organized. The crew will finish the main hallways and the office spaces this week. MJH will be closed until August 1st. We just have the outside landscape to clean up.

We would like everyone to help us welcome our two new PE teachers for the coming year! We are so excited to have Mr. Damon Hofmann, NGS PE teacher and Mr. Kyle Anderson, MJH PE teacher and athletic director! We will miss Mrs. Eike, who retired in June and Mrs. O'Connell who resigned in June. Also welcome to Mrs. Hergenbahn who will be our 3rd grade teacher this coming year!

Date for our Parent/Teacher Crisis Committee is August 18 @ 4:30 pm at NGS. I have attended a few webinars this summer on School Safety and look forward to working with the committee on keeping our students, staff and buildings safe. If parents recognize a need for support for their child, please don't hesitate to reach out. We can always contact the resource officer for guidance or provide contacts for mental health support or other resources.

Thank you to Mrs. Cass, Miss Cirino and Mr. Vienne for teaching summer school! Thank you to all of our students who attended! Keep reading and working on math the rest of summer!

Have a safe, happy 4th of July! Next ENews update will be August 1st.

Partners in Education,

Mrs. Turman

Dates to Remember:

Looking ahead: Did you register for next year?

July 4 - Happy Independence Day

July 25 - 29 - Soccer Camp for all 5th - 8th students at MJH

August 2 - In person final registration and popsicle with the principal 1:00 - 6:00 @ NGS

August 15 & 16 - Teacher Institute

August 16 - NEW YEAR'S EVE! Students may drop off school supplies and meet their teacher:

Newark Grade 4:45 - 5:45 pm

Millbrook Jr. High 5:00 - 6:00 pm

August 17 - School Resumes for 22 - 23

August 18 - Crises Plan committee meeting 4:30 pm @ NGS

Have a wonderful Summer!

Download the Mobile APP! Search Newark CCSD 66, IL on Android or Apple.

Follow us on Facebook and Twitter and Instagram!

Website: www.ngsd66.org

Youtube channel: Newark School District



Happiest of Birthdays to our Students:

June

- 2 - Michael P.
- 4 - Katelynn H.
- 9 - Aubrey C.
- 10 - Amaris P.
- 10 - Evan T.
- 14 - Jacob S.
- 16 - Camden Z.
- 18 - Blerim B.
- 23 - Ien U.
- 24 - Destini L.
- 24 - Nevaeh L.
- 26 - Kate O.
- 29 - Adelaide J.
- 29 - Hazel B.
- 30 - Graysen M.

July

- 1 - Allison M.
- 1 - Travyn H.
- 2 - Zeke B.
- 2 - Brielle C.
- 3 - Jameson W.
- 6 - Jack Y.
- 6 - Logan G.
- 6 - Ashlen U.
- 8 - Daniel V.
- 9 - Diesel G.
- 12 - Raelynn F.
- 14 - Sophia L.
- 15 - Maddie S.
- 16 - Fran W.
- 19 - Monica P.
- 20 - Nyla W
- 22 - Easten U.
- 24 - Briar B.
- 25 - Nolan A.
- 25 - Trevor N.
- 28 - Dylan G.
- 28 - Miley N.
- 31 - Mason S.



Newark 4th of July Celebration

Just Newark

July 2, 2022

| | |
|----------------|--|
| 6 PM- Midnight | Beer Garden at South Town Park Izzy's Jumpers Bounce Houses donated by Izzy Bags Tournament Fundraising by the Newark – Lisbon Recreation Association |
| 7 PM-Midnight | Street Dance featuring Diamondback Band |

July 3, 2022

| | |
|--------|---|
| 1-4 PM | Fern Dell Museum and Rural Life Museum(Annex) |
| 2-4 PM | Ice Cream Social at Newark Lutheran Church |

July 4, 2022

| | |
|-------------|---|
| 8 AM | Parade Line-up at Newark High School |
| 9 AM-1 PM | Children's Grab and Go Crafts and Book Sale at the Charles B. Phillips Library |
| 11 AM- 2 PM | Izzy's Jumpers Bounce Houses at Downtown Park donated by Izzy |
| 10 AM | Parade/Grand Marshall and Grand Lady Jerry and Lois Whalen Flag Raising Ceremony and Button Drawing Assisted by Newark Cub Scout Troop 342 and Boy Scout Troops 42 Following the Parade at Downtown Park |
| 10 AM-2 PM | Fern Dell Museum, Rural Life Museum and Blacksmith Shop |
| 11 AM | Antique Tractors Display In front of the Post Office |
| 11 AM-1 PM | Only Carry Out Pork Chop/ Chicken Dinner Downtown Picnic Tables available at the Park Fundraising by Friends of the Library Hot Dogs, Chips, Pop, and Water fundraiser by Newark Scouts |
| Noon | Pedal Tractor Pull/ 4 Kid Classes, Adult Class, Senior Citizen Class Street by Down Town Park |

NEWARK CCSD 66 | 2022-2023 CALENDAR

| JULY '22 | | | | | | |
|----------|----|----|----|----|----|----|
| S | M | T | W | Th | F | S |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

4 - Independence Day

| JANUARY '23 | | | | | | |
|-------------|----|----|----|----|----|----|
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| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

09 - Teacher Institute
10 - School resumes
13 - Dismiss SIP 1:15/1:30 pm
16 - M.L. King Day -No School

| AUGUST '22 | | | | | | |
|------------|----|----|----|----|----|----|
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

02 - Registration/Popsicles with Principal @ NGS ONLY 1 - 6 pm

15 - Teacher Institute
16 - Teacher Institute
17 - First Day of attendance

| FEBRUARY '23 | | | | | | |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | | | | |

10 - Q3 Midterms
17 - Dismiss SIP 1:15/1:30 pm
20 - Presidents' Day -No School

| SEPTEMBER '22 | | | | | | |
|---------------|----|----|----|----|----|----|
| S | M | T | W | Th | F | S |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

05 - Labor Day
08 - Dismiss SIP Day 11:15/11:30
16 - Q1 midterms

| MARCH '23 | | | | | | |
|-----------|----|----|----|----|----|----|
| S | M | T | W | Th | F | S |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

17 - End of Q3
24 - Dismiss 1:15/1:30 pm
27 - 31 Spring Break

| OCTOBER '22 | | | | | | |
|-------------|----|----|----|----|----|----|
| S | M | T | W | Th | F | S |
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

07 - Dismiss SIP Day 1:15/1:30
10 - Columbus Day- No School
14 - End of Q1
19 - Conferences 4 - 7 pm
20 - Conference 2 - 7 pm
Dismiss 1:15/1:30
21 - No School
31 - Halloween

| APRIL '23 | | | | | | |
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

03 - School Resumes
07 - Good Friday - No school
09 - Easter Sunday
10 - No School
28 - Dismiss SIP 1:15/1:30 pm;
Q4 midterms

| NOVEMBER '22 | | | | | | |
|--------------|----|----|----|----|----|----|
| S | M | T | W | Th | F | S |
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| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

8 - No School - Elections
18 - Q2 Midterms
23 - Dismiss 11:15/11:30
23-25 - Thanksgiving Holiday

| MAY '23 | | | | | | |
|---------|----|----|----|----|----|----|
| S | M | T | W | Th | F | S |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

05 - Dismiss SIP 1:15/1:30 pm
14 - Mother's Day
26 - Last Day 1:15/1:30 pm; End of Q4
29 - Memorial's Day

| DECEMBER '22 | | | | | | |
|--------------|----|----|----|----|----|----|
| S | M | T | W | Th | F | S |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

21 - Dismiss SIP 1:15/1:30
22 - Dismiss 1:15/1:30; End of Q2
23 - No School
25 - Christmas Day
26 - 30 Winter Break

| JUNE '23 | | | | | | |
|----------|----|----|----|----|----|----|
| S | M | T | W | Th | F | S |
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| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

18 - Father's Day
19 - Juneteenth

Amended Calendar on May 17, 2022

**NEWARK GRADE SCHOOL AND MILLBROOK JR. HIGH
STUDENT SCHOOL SUPPLY LIST
2022-2023**

Listed below are the school supplies your children will need to bring at the start of the new school year. ALL STUDENTS (K-8) MUST HAVE AN EXTRA PAIR OF NON MARKING SOLE GYM SHOES TO BE KEPT AT SCHOOL. All supplies are to be replaced as needed throughout the year. Please put your child's name on supplies.

KINDERGARTEN

4 Boxes of 24 Crayola crayons
6 pocket folders
12 #2 pencils
4 Black Expo Markers
2 large erasers
3 large glue sticks or 8 small
1 box of Kleenex 200 count
1 backpack, no wheels or plastic handles
1 box of baby wipes or Clorox wipes 88 count
1 plastic pencil box (no zipper)
*1 box of plastic bags (sizes by last name)
 Gallon Size A-M
 Quart Size N-T
 Snack Size U-Z
1 clean sock
Gym shoes to leave at school
Headphones

FIRST GRADE

4 Boxes of 24 Crayola crayons
6 pocket folders with prongs-different colors
2 blank notebooks (no lines)/sketch pads
12 #2 pencils
2 Expo Markers
2 large erasers
12 small glue sticks
2 boxes of Kleenex 200 count
1 backpack, no wheels or plastic handles
1 box of baby wipes or Clorox wipes 88 count
*1 box of plastic bags (sizes by last name)
 Gallon Size A-K
 Quart Size L-Q
 Snack Size R-Z
2 10 packs of washable markers
Gym shoes to leave at school
Headphones

SECOND GRADE

Gym shoes to leave at school
Book bag – no wheels or plastic handles
2 boxes of Kleenex 200 count
3 Containers of Clorox wipes
1 box of plastic bags by last name
 Gallon – A-K
 Quart – L-Q
 Sandwich – R-Z
Headphones – no earbuds
Scissors
Art Shirt
Watercolor paint set with brush
1 box of 24 crayons
1 box of 24 colored pencils
1 pack of 10 markers
12 small glue sticks
3 large glue sticks
24 #2 Ticonderoga pencils
1 pack of 4 highlighters
2 packs of Expos (1 fine and 1 chisel)
2 packs of post it notes
3 plastic folders with pockets
5 spiral notebooks wide ruled – 70 pages
1 – 1”Binder
1 – 2” Binder
1 pack of sheet protectors (min. 50 ct.)

THIRD GRADE

Gym shoes to leave at school
Book bag – no wheels or plastic handles
1 box of tissues
1 hard plastic pencil case
2 containers of Clorox wipes
1 box of gallon size ziplock
1 box of sandwich size ziplock
Headphones
Scissors
2 boxes of 24 crayons
1 box of 10 count markers
12 small glue sticks
1 ruler – metric/standard
24 #2 Ticonderoga pencils
1 pack of 4 highlighters
2 packs of 4 Expo Markers (1 chisel, 1 fine)
1 black plastic folder with prongs
7 plastic folders with prongs (any color)
2 spiral notebooks – 70 ct
1” binder, clear pocket on front
1 pack of 5 tab dividers for binder
Optional – mouse for Chromebook
Optional – Chromebook Case – 11” size

FOURTH GRADE

Gym shoes to leave at school
Book bag – no wheels or plastic handles
2 boxes of Kleenex (200 count)
1 container of Clorox Wipes
1 package Baby Wipes
2 bottles of hand sanitizer (8oz)
*1 box plastic zip bags
 Gallon size (last name A-L)
 Sandwich/Snack size (last name M-Z)
Headphones
Scissors
Art shirt
1 watercolor paint set with brush
1 box of 24 crayons
1 box of 10 markers
1 box of 24 colored pencils
12 small glue sticks
1 metric/standard ruler
24 #2 Ticonderoga Pencils
1 pack of highlighters
2 pack fine point Expo markers
2 packs of Post-its
7 plastic 2-pocket folders
5 wide-ruled, 70 page spiral notebooks
3 Composition notebooks
1 inch, 3 ring binder

FIFTH- EIGHTH GRADE

9 two pocket folders
1 two pocket folder –
 green w/ prongs for Science
4, 1 inch 3 ring binders (Health, SS. Sci, ELA)
2 packages Divider Tabs (5 tabs) (ELA & Sci)
Ruler
Scissors
#2 pencils – enough for the year (**At least 24**)
Erasers – large and pencil caps
1 pack of loose leaf paper
Markers
Colored pencils
Blue or black pens
1 plastic pencil box or pouch
2 Black Sharpie Fine Point Pens
1 Black Sharpie Fine Point Marker
4 pack of glue sticks for science
1 bottle of white glue
2 packs of notecards – lined
180 sheet notebook for math
2-70-100 page spirals (5/6 Art, ELA)
Highlighters
1 container of disinfectant wipes (grade 6 & 8)
2 boxes of Kleenex – 200 count (grades 5 & 7)
Headphones
Simple Calculator – **5th Grade ONLY**

SIXTH - EIGHTH GRADE MATH ONLY

Scientific calculator-TI-30Xa or TI-30X IIS recommended.

2022 SUMMER SOCCER CAMP

HOSTED BY

NEWARK SCHOOL DISTRICT 66

MILLBROOK JUNIOR HIGH SCHOOL

PRESENTED BY



***CAMP DATE:** JULY 25TH-JULY 29TH 2022

MONDAY-FRIDAY

***CAMP TIME:** 8:30 AM-10:00 AM

***LOCATION:** MILLBROOK JUNIOR HIGH SCHOOL

8411 FOX RIVER DR. MILLBROOK, IL 60536

***COST:** \$55.00 (INCLUDES CAMP SHIRT)

***GRADE LEVEL:** FOR ALL INCOMING 5TH-8TH

IN THE LOCAL AREA

***TO REGISTER CONTACT:** call, text, email

COACH KATH (630) 461-6699 chriskath44@gmail.com

PROVIDE NAME, GRADE, TSHIRT SIZE (YOUTH OR ADULT)

***BRING 1ST DAY TO CAMP:**

1. REGISTRATION FORM/SIGNED PARENT WAIVER

2. FEE \$55.00 CASH OR CHECK MADE OUT TO ASTRA SOCCER ACADEMY

3. CLEATS, SHINGUARDS, WATER, SOCCER BALL



Player Registration Form

Team Interest: U- _____ Boys Girls

Player Info: Name _____ Birth Date _____

Address _____ City, Zip _____

Home Phone _____ Current School & Grade _____

Mother's Name _____ Home Phone _____

Cell Phone _____ Email Address _____

Father's Name _____ Home Phone _____

Cell Phone _____ Email Address _____

Emergency Contact Name & Phone #: _____

Please list player's soccer experience and positions played/desired below:

Waiver and Release:

Please read this form carefully and be aware that in signing up for and participating in programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs/activities (including transportation services/vehicle operations, when provided).

The undersigned recognizes and acknowledges that there are certain risks of physical injury to participants in these programs/activities, and voluntarily agrees to assume full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims against Astra Soccer Academy, including its officers, directors, officials, agents, volunteers and employees (hereinafter collectively referred as the Academy), which I or my minor child/ward may have (or that accrue to me or my child/ward) as a result of participating in these programs/activities. I hereby release and forever discharge the Academy from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward arising out of, connected with, or, in any way associated with these programs/activities.

In the event of an emergency, I authorize the Astra Soccer Academy to secure from any accredited hospital and/or physician any treatment deemed necessary for immediate care of my minor child/ward and agree I will be responsible for any and all medical services rendered.

I have read and fully understand the above information, warning of risk, and waiver and release of all claims.

Parent Signature _____

Date_____



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BRIGHT FUTURE.

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ABOUT CHILD
DEVELOPMENT &
POSITIVE PARENTING



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[@EASTERSEALSJUMPSTART](https://www.facebook.com/EASTERSEALSJUMPSTART)



(815) 416-6410

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AVAILABLE!**

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FREE BOOKS!**

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SCREENINGS!**



K-12 Back To School Immunizations are offered by appointment only

Children must be eligible for the Illinois Vaccine for Children Program (VFC).

VFC eligibility requirements are:

18 and younger

Enrolled in Medicaid Title 19 & Title 21

Uninsured

Underinsured

Staff will verify eligibility before the appointment is scheduled and on the day of the appointment. Children must be accompanied by a parent/legal guardian with proof of legal guardianship or have a written consent by parent.

Current immunization record is required at the time of service



**For an appointment or more information, please call
630-553-9100**



KENDALL COUNTY
HEALTH DEPARTMENT
811 W John St
Yorkville IL 60560

2022/2023 Back to School Shot Clinics

May 16, 2022 9am-11am

June 13, 2022 1:30pm-3:30pm

June 14, 2022 4pm-6pm

June 27, 2022 1:30pm -3:30 pm

June 28, 2022 4pm – 6pm

July 11, 2022 9am-11am

July 12, 2022 4pm-6pm

July 25, 2022 9am-11am

July 26, 2022 4pm-6pm

August 1, 2022 9am-11am; 1:30-3:30pm

August 15, 2022 9am-11am; 1:30-3:30pm

August 30, 2022 4pm-6pm

September 12, 2022 9am-11am

September 26, 2022 9am-11am

Helmar Lutheran Food Pantry

Are you having trouble making ends meet? These are certainly challenging times with gas, food, medicine, and utilities all climbing higher and higher. Whether you're trying to meet your own needs or those of a family, it can be stressful. Helmar Lutheran Food Pantry can help stretch those dollars by offering free food at our distributions twice a month.

We serve the Kendall County area but will never turn anyone away in need of food, no matter your location. Matthew 25:35, "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in,..."

Should you, your family or someone you know need food assistance, please come to:

Helmar Lutheran Food Pantry
11935 Lisbon Road
Newark, IL 60541

Distribution*:

2nd Friday of each month from 5-7pm

4th Monday of each month from 3-5pm

Please bring with you the following:

2 proof of residency: Driver's License, State ID, Utility Bill, etc.

1 proof of dependent children: SS Card, Birth Certificate, report card, etc.

Any questions, please call (815)695-5489 and choose Food Pantry option.

*Distribution may be adjusted near a holiday

CAMP OUT WITH A GOOD BOOK

State Representative

DAVID WELTER



1. Representative David Welter's Summer Reading Club challenges 1st through 5th graders to read 10 books during their summer break. Books for local library programs are also acceptable and books over 150 pages may count for 2 books.
2. Once a student completes the book reading, please fill out the form and have a parent or guardian verify that the books were read.
3. Completed forms should be sent to Representative David Welter at 1715 N. Division Street, Suite E, Morris, IL 60450. Kids who have read at least 10 books will be invited to participate in an ice cream party later in the summer and they will be awarded an official certificate from the Illinois House of Representatives recognizing their commitment to reading. Brochures on state and local programs will be available.

Please return this form by July 31 to be eligible and contact us at (815) 416-1475 with any questions.



I WAS A SUMMER READER. I READ THE FOLLOWING TEN BOOKS DURING MY SUMMER VACATION...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

I verify that my child has read all the books above.

Name/Age

School Name

Phone Number

Street Address

City

Zip

E-mail

☐ Sign me up for Rep. Welter's E-newsletter.

Signature of parent or guardian



Common First Aid Dos and Don'ts

Medically Reviewed by Jennifer Robinson, MD on January 20, 2022

Don't: Lean Back for Nosebleeds

Tilting your head back sends the blood down your throat, which could irritate your stomach or even choke you. Better to sit down and lean forward just slightly. Don't lie down, and keep your head above your heart to slow the bleeding. Pinch the front of your nose with your thumb and forefinger for 5 minutes. Check if the flow has stopped. Repeat if needed. If your nose is still bleeding after 20 minutes, call your doctor or get medical help.

Don't: Butter Your Burns

Greasy ointments can seal in the heat. Plus, butter or petroleum jelly might help trap bacteria that cause infection. Instead, run cool, not icy, water over your burn for 5-10 minutes and wash gently with soap. Go to your doctor or an urgent care clinic if your burn is bigger than your hand, or if it's on your hands, face, or private parts.

Do: Put the Tooth Back In

Hold a knocked-out tooth without touching the root. If dirty, quickly rinse in water. Then try to put the tooth back in its gum socket. If you can't, put it in your mouth next to your cheek or dunk it in milk. Don't keep it in tap water because it can damage the root. Get to your dentist or to the ER right away. Your chances of saving the tooth is highest within the first 30 minutes.

Don't: Apply Heat on Frozen Hands

Frostbitten or frozen skin can burn at temperatures that may normally be comfortable. That's especially true for direct heat from a stove, fire, or a heating pad. Thaw hands or feet in about 100 degree water. It should feel warm, not hot, to a person or a body part that isn't frozen. Get to a doctor if any part of the skin turns hard and white.

Do: Push Down on Serious Bleeding

Stanch the flow with gauze or sterile cloth over the wound. Use a clean T-shirt or sock if that's all you have. Raise the injured part to let gravity help slow the bleeding. You can bandage the wound to keep constant pressure on it. See a doctor for care afterward. Get medical care right away if the blood is spurting or if it won't stop.

Do: Use the Heimlich for Choking

This maneuver can dislodge food or objects from choking a person's airway when they can't talk, cough, or breathe. To do the Heimlich, stand behind the person, put your arms around their waist, and bend them forward. Put your fist just above the belly button, below the rib cage, and close your other hand over it. Give several sharp thrusts in and up until the item pops out.

Do: Back Slap for Choking

The Red Cross suggests doing this only if you bend the person forward at the waist and support their chest with your other hand. Strike them between the shoulder blades several times. Then switch to the Heimlich maneuver and alternate until the food pops out. Never strike a choking person on the back if they're standing upright. That could actually send the food farther down their windpipe.

Don't: Take Ipecac for Poisoning

Syrup of ipecac will make you throw up what's in your stomach. But that doesn't seem to get rid of the poison. Ipecac itself can be unsafe with certain poisons or for some people with medical problems. If you've swallowed something dangerous, call 911 or contact poison control online at webpoisoncontrol.org or the hotline at 800-222-1222.

Don't: Remove Deeply Stuck Objects

You can probably take out a splinter on your own. But if a needle, fishhook, pencil, or something else is stuck deep in your skin, it's best to let your doctor remove it. If the site is sore, red, or if you suspect it's infected, get medical help. In the meantime, stop any serious bleeding by pressing on the wound and carefully bandage it. Take care not to push down the embedded object even deeper.

Don't: Remove Gauze on Deep Wounds

Even if the cloth is blood soaked, it's better to leave it and to add more gauze on top and keep up direct pressure on the wound. Taking off the dressing could disturb the blood clots that help seal the bleeding. This is especially important if you're trying to stop the blood flow on a new wound.

Don't: Rub an Injured Eye

If something feels stuck in your eye, blink to try to flush it out. You can also rinse with saline or contact solution or tap water. But if you think your eye is cut or punctured, or if something is clearly sticking out of it, get to a doctor right away. Don't attempt to pull out an object or use any medication. If necessary, tape the bottom of a paper cup around the eye to protect it.

Do: Roll an Unconscious Person on Their Side

Then gently tilt their head back. This helps keep the tongue out of the way of the airway so they can breathe. This "recovery position" lets blood and vomit drain out of the mouth. Don't try this if the person may have injured their spine or neck, such as after a car crash. With infants, put them face down over your arm and support their neck and head with your hand. Just be sure to keep clear of the nose and mouth. Call 911.

https://www.webmd.com/first-aid/ss/slideshow-first-aid-tips?ecd=wnl_spr_051922&ctr=wnl-spr-051922_supportBottom_cta_3&mb=mFH928rjhEcej8qJ2b18MT5Kg%2FAVZcqeKTlICQjVFc%3D